

Even if a pandemic flu never occurs, these good health habits can keep you and your family healthy:



Photo credit: James Gathany



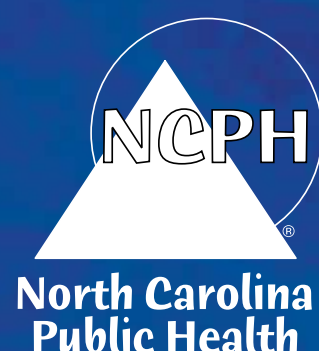
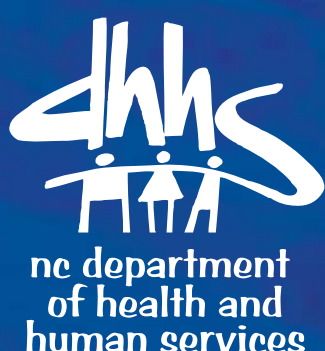
- Wash hands frequently
- Cover your coughs and sneezes
- Use disposable tissues and throw them away immediately
- Avoid touching your eyes, nose or mouth
- If you are sick, stay home

For more information call

1-800-662-7030.

TTY 1-877-452-2514

**North Carolina
must be ready.**



**Pandemic Flu
and You**